



The Journal

Vol. 29

No. 42

www.dcmilitary.com/journal/

October 19, 2017

NSAB Celebrates the Navy's 242 Years of Service



U.S. Navy photo by MC2 William Phillips



College of Allied
Health Sciences
Awards First
Degree

- Page 3



Noted Allergist
Discusses
Venom
Immunotherapy

- Page 4

NSA Bethesda
Parking
Permit

0001

Changes
to
'Rainbow
Parking'

- Page 5

Shanahan: DoD ‘Always in the Front’ for Giving to Combined Federal Campaign



By Terri Moon Cronk
DoD News, Defense Media Activity

The Defense Department is traditionally the largest contributor in the Combined Federal Campaign, Deputy Defense Secretary Pat Shanahan said today at a Pentagon event to kick off the 2017 CFC campaign season.

A link to the 2017 Combined Federal Campaign page.

Addressing DoD CFC campaign volunteers, managers, coordinators, executives, captains and keyworkers representing 24 teams, Shanahan said DoD’s goal this year is to raise \$9.1 million for charitable and nonprofit organizations.

“You are the reason the department is always at the front of the pack in giving across the federal government,” he said in his prepared remarks to CFC volunteers.

“The department values your efforts [and] recognizes your leadership,” he added.

‘I’m Proud to be Part of This Amazing Team’

“I’m proud to be part of this amazing team

and proud of [DoD] colleagues who willingly donate a portion of their earnings every year to support others,” the deputy secretary said.

“We may ask ourselves: ‘Why do we do this?’” said Shanahan, noting that for some people, giving to charity through CFC is a sense of duty, while for others it might be a sense of gratitude or a sense of responsibility to those around them.

The deputy secretary asked the volunteers to thank contributors and ask if they can do more, ask those who haven’t donated if they will consider giving, and respect and appreciate their consideration. And he asked them to ask those who are unable to contribute monetarily if they will consider giving their time to support causes they care about.

“In the end, we give because someone we care about is in need and someone we know — a CFC volunteer — asked us to help by giving,” he said. “Let us make 2017 a year of record-breaking charitable giving as we support charities and non-profits represented by this year’s campaign.”

The giving season for this campaign runs through Jan. 12.

Bethesda Notebook

Staff Flu Vaccine

Walter Reed National Military Medical Center is administering the flu vaccine for staff members only through Oct. 20 from 6 a.m. to 5 p.m. Monday through Friday in Bldg. 8, second floor, near medical records. A common access card is required to receive the vaccine, and no appointment is necessary.

NPDS Seeking Root Canal Patients

The Endodontics Department at the Naval Postgraduate Dental School is accepting new patients in need of root canal treatment by our residents. Patients authorized to be treated in our facility are active duty military, military retirees, and eligible family members (priority will be given to active duty personnel). A written referral for root canal treatment from your dentist may be required before treatment is started. Permanent fillings or crowns required following the root canal will be the patient’s responsibility. Please contact the NPDS Endodontics front desk at 301-295-0077 or 301-295-1830.

Warrior Care Month Opening Ceremony

The Warrior Care Month Opening is Oct. 27 at 9 a.m. in Memorial Auditorium. This event will serve as the Warrior Care Month kick-off event in order for Soldiers to inform external and internal audiences about the programs and initiatives being provided through the Warrior Care and Transition Program and future improvements to the program.

Prostate Cancer Support Group Meetings

The Prostate Cancer Support Group meets at Walter Reed National Military Medical Center the third Thursday of every month. The next meeting will be Oct. 19 from 1 to 2 p.m. and 6:30 to 7:30 p.m. in the America Building, River Conference Room, third floor. Spouses and partners are invited. Military identification is required for base access to Naval Support Activity Bethesda, home of WRNMMC. For those without a military ID, call Prostate Center at 301-319-2900 at least four business days prior to event for base access. For more information, contact Army Col. Jane Hudak at 301-319-2918 or jane.l.hudak.ctr@mail.mil.

Published by offset every Thursday by APG Media of Chesapeake, LLC, 301-921-2800, a private firm in no way connected with the U.S. Navy, under exclusive written contract with Naval Support Activity Bethesda, Md. This commercial enterprise newspaper is an authorized publication for members of the military services. Contents of The Journal are not necessarily the official views of, nor endorsed by, the U.S. Government, the Department of Defense, or the Department of the Navy. The appearance of advertising in this publication, including inserts or supplements, does not constitute endorsement by the Department of Defense or APG Media of Chesapeake, LLC, of the products or services advertised. Everything advertised in this publication shall be made available for purchase, use or patronage without regard to race, color, religion, sex,



national origin, age, marital status, physical handicap, political affiliation or any other non-merit factor of the purchaser, user, or patron. Editorial content is edited, prepared and provided by the Public Affairs Office, Naval Support Activity Bethesda, Md. News copy should be submitted to the Public Affairs Office, Building 17, first floor, across from PSD, by noon one week preceding the desired publication date. News items are welcomed from all installation sources. Inquiries about news copy will be answered by calling 301-295-1803. Commercial advertising should be placed with the publisher by calling 301-848-0175. Publisher’s advertising offices are located at APG Media of Chesapeake, LLC, 29088 Airpark Drive, Easton, MD 21601. Classified ads can be placed by calling 1-800-220-1230.

Naval Support Activity Bethesda

Commanding Officer: Capt. Marvin L. Jones		NSA Bethesda	
Public Affairs Officer: Jeremy Brooks		Fleet And Family Support Center	301-319-4087
Public Affairs Office: 301-295-1803		NSAB Emergency Info	301-295-6246
		NSAB Ombudsman	
		CS3 Danielle Coley	301-400-2397
		NSAB Chaplain's Office	301-319-4443
			301-319-4706
		Installation SARC	301-400-2411
		Troop Command SARC	
		Rosemary Galvan	301-319-3844
		SARC 24/7	301-442-2053
		SAPR VA 24/7 Helpline	301-442-8225

Journal Staff

Managing Editor	MC2 William Phillips
WRNMMC Editor	Bernard Little
Writers	
	MC2 Kevin Cunningham
	Andrew Damstedt
	Kalila Fleming
	Joseph Nieves
	AJ Simmons

NSAB Celebrates the Navy's 242 Years of Service



Capt. Marvin Jones (right), commanding officer of Naval Support Activity Bethesda, cuts a cake at the USO Warrior and Family Center at Bethesda with USO personnel and Senior Chief Culinary Specialist Alexander Vazquez (left), NSAB housing leading chief petty officer.



PHOTOS BY MC2 WILLIAM PHILLIPS

Service members are served food by staff from Mission Barbecue at the USO Family and Warrior Center at Bethesda Oct. 13.

College of Allied Health Sciences Awards First Degree

USU's Newest School Bestows Associate of Science in Health Sciences

By Sharon Holland
USU External Affairs

Army Staff Sergeant Robert Eccles, 38, from Holladay, Utah, is the first recipient of an undergraduate degree awarded by the Uniformed Services University of the Health Sciences (USU).

Eccles, who serves as a medical laboratory technology instructor at the DoD's joint Medical Education and Training Campus (METC) in San Antonio, Texas, received the Associate of Science degree in Health Sciences from USU's new College of Allied Health Sciences (CAHS) in a ceremony at the Army Medical Department Museum on Oct. 11, 2017.

Retired Army Maj. Gen. (Dr.) Patrick Sculley, conferred the degree on behalf of USU, presenting the diploma to Eccles as family, friends, fellow instructors and other DoD colleagues offered their congratulations. Sculley, who is



PHOTO BY SHARON HOLLAND

USU President Dr. Richard Thomas (left) and College of Allied Health Sciences (CAHS) Dean Dr. Mitchell Seal (right) watch as former USU Senior Vice President retired Army Maj. Gen. (Dr.) Patrick Sculley presents Army Staff Sgt. Robert Eccles with an Associate of Science degree in Health Sciences from USU. Eccles is the first CAHS degree recipient.

the former Senior Vice President of USU's Southern Region and founding Executive Dean for USU's Postgraduate Dental College, was instrumental in the establishment

of the CAHS at the request of the Services to support readiness, recruitment and retention of service members.

"You will forever be the first

graduate of the College of Allied Health Sciences," Sculley told Eccles. "You will carry that mark of distinction with you the rest of your life."

Eccles joined the military in 1999 and trained as a heavy construction equipment operator. He was later deployed to Iraq, where he suffered injuries that forced him to change occupational specialties, retraining as a medical laboratory technician in 2005. That earned him 60 credits and a certificate from George Washington University. His initial goal was to become an Army cytotechnologist and then apply to medical school at USU, but he decided to refocus on Physician Assistant school instead. Over time, Eccles accumulated more than 120 credit hours from a number of colleges and universities, but because many of them were not transferable from one school to another, and because he had not accumulated enough hours to establish academic residency, he was never awarded a degree. Academic

See **DEGREE**
Page 9



Noted Allergist Discusses Venom Immunotherapy at WRNMMC

By Mark Oswell
WRNMMC Command Communications

On Sept. 28, the Walter Reed National Military Medical Center hosted Dr. B.K. Golden, allergist, to address “Stings & Things.”

A world expert on anaphylaxis, insect allergies and venom immunotherapy, Golden drew from his 27 years of medical experience to detail the diagnosis and treating of anaphylaxis.

According to the Department of Health and Human Services, an estimated 10.1 million people in the United States visited emergency rooms for non-canine bite and sting injuries between 2001 to 2010.

Golden provided the Walter Reed Bethesda allergists, pediatricians and internal medicine primary care providers with clinical and research information pertaining to measures to avoid getting stung, risks for severity and dosing for venom immunotherapy, and concluded his presentation by taking the participants through several case studies.

Anaphylaxis

Although some people seem to be immune to stings, others have anaphylaxis, or a severe reaction to the toxins that these insects inject.

“An allergic reaction can involve symptoms such as hives, shortness of breath, wheezing, swelling, flushing, vomiting, diarrhea and most concerning, loss of consciousness due to low blood pressure,” explained Army Col. (Dr.) Maureen Petersen, an allergist at WRB and the National Capital Consortium Allergy/Immunology Fellowship director.

Petersen explained that when an insect stings a person, they inject proteins. Some people have immune systems which can over-react to these proteins and create IgE specific to the stinging insect proteins. IgE is an allergy

antibody that attaches to an allergy cell called a mast cell. These mast cells contain histamine. The mast cell with specific IgE then waits until the next time the person is exposed to whatever the IgE is specific to (in this case, a stinging insect). If a person is stung, the specific IgE recognizes the protein of the insect venom and sends a signal to the mast cell to explode and release histamine. The release of histamine causes an allergic reaction.

According to the Centers for Disease, Control and Prevention (CDC), an estimated 90 to 100 die as a result of allergic reactions to insect stings each year people in the United States.

Impact on Readiness

An allergy to a stinging insect can impact medical readiness. New potential recruits may not be eligible to enter the military without a waiver if they have not completed five years of venom allergy shots. Some services require a medical board for evaluation of being “fit for duty” if a patient has an allergic reaction to a stinging insect. A stinging insect allergy can affect the patient’s job in the military particularly if the patient is an aviator.

Aviators are unique in that they operate in a closed environment, the cockpit of an aircraft. Since flying insects are able to get into an aircraft, it would be dangerous for a venom-allergic aviator to be trapped in an aircraft with a stinging insect, Petersen elaborated. This would be a disqualifying condition according to the flight medicine instructions unless the pilot has had a completed venom immunotherapy, according to the Army allergist.

If someone has been stung and is having local swelling at the sting site, the most common treatment is to ice the area and self-treatment with ibuprofen to reduce the swelling. However, if the person starts to have an allergic reaction involving any of the previously mentioned symptoms, they should seek emergency medical care and follow-up with an allergist, explained Petersen.

A patient with anaphylaxis is treated with injectable

epinephrine, or potentially an antihistamine and oral steroid. A patient with a history of anaphylaxis to a stinging insect should be prescribed an epinephrine auto-injector to have on hand for any future reactions.

WRB’s Bee Day

“In the allergy clinic at WRNMMC, we have a monthly ‘Bee Day’ during which we schedule patients who need to be evaluated for a stinging insect allergy,” explained Petersen. “This is the day that we have skin testing reagents available to test venom allergic patients. The skin testing extracts for stinging insects used for testing requires multiple dilutions which are only stable for a short period of time.” WRB Allergy/Immunology service discusses the treatment plans of all stinging insect allergic patients to combat future anaphylaxis.

“In my opinion, no complete medical history is complete without asking the question, ‘Have you ever had a severe reaction to an insect sting?’ If you ask that question, you’ll get a positive response in close to 10-percent of the time,” detailed Golden.

Three Types of Stinging Insects

- 1. Bees** – Honey bees & bumble bees. These insects are not aggressive, but sting to protect their colony. Since the stingers are barbed, they can only sting once. The stinger can remain in the victim’s skin.
- 2. Vespids** – Hornets, paper wasps & yellow jackets. More than 5,000 species of Vespidae around the world. These stinging insects can be aggressive and have been known to swarm when agitated.
- 3. Ants** – Fire ants. Although not prominent in the DC area, they are found in the Southeastern part, where there are numerous military bases. There is a 50% attack rate in known fire ant areas.

Of note: The honey bee is considered the stinging insect that can cause the most significant allergic reactions.



NSAB FILE PHOTO

Changes to “Rainbow Parking”

By Andrew Damstedt
The Journal

“Rainbow parking” on Naval Support Activity Bethesda (NSAB) allows employees with parking permits to park in a spot not dedicated to their parking pass color from 11 a.m. to 2 p.m.

Staff parking on NSAB requires a permit from 5 a.m. to 2 p.m. Monday to Friday, and the hours designated for “rainbow parking” are now 11 a.m. to 2 p.m.

NSAB Transportation Officer Ryan Emery said the change is to help employees on alternative shifts find a parking space when they drive in. From 11 a.m. to 2 p.m., employees using “rainbow parking” still need a parking permit but don’t have to park in a spot dedicated to their parking pass color, he said.

Staff parking on NSAB is designated by color permits: red for Walter Reed National Military Medical Center; green, Uniformed Service University of the Health Sciences; and purple, NSAB and all other mission partners. Each staff lot on base is designated one of these three colors.

Permit Parking
5 a.m. to 2 p.m.
Rainbow Parking
11 a.m. to 2 p.m.



IMAGE COURTESY RYAN EMERY

All staff parking qualifies for rainbow parking except Bldgs. 17 and 54.

NSAB Security recently completed redistributing red and purple permits and is working on finishing the green permits.

The lots for purple permits are the Z Lot and Bldg. 17; red, Bldg. 32 and Bldg. 57; and green, the lots around USU.

“Live Life Your Way”



Spacious and modern apartment homes, ranging in size from studios to 3 bedrooms, and the security of knowing assistance is there if and when you need it.

Call for a tour today!
(703) 536 - 4344



Vinson Hall
Retirement Community
Independent Living
Assisted Living
Nursing Care
Memory Support
Short-term Rehabilitation



Vinson Hall
Retirement Community
6251 Old Dominion Drive
McLean, VA 22101
703-536-4344
www.vinsonhall.org

Fire Prevention Daily Focus at WRNMMC

Everyone Has a Role in Fire Prevention

By Bernard S. Little
WRNMMC Command Communications

While the nation observes National Fire Protection Week Oct. 8-14 this year, fire prevention remains a daily focus at Walter Reed National Military Medical Center, explained Navy Cmdr. Robert Wadsworth, chief of the Facilities Management Department at WRNMMC.

The Facilities Management Department and the Naval District of Washington Fire Department manage WRNMMC Fire Protection Program, Wadsworth explained. He added that the program includes "multiple interdependent components creating a layered defense." Some of the components include detection and alarm systems, safe egress, suppression systems, smoke control systems, fire separation, security systems, fire extinguishers and prevention programs.

Other aspects of Walter Reed Bethesda Fire Protection Program include detection and alarm testing, fire drills sprinkler system testing, rated wall assessments, rated door assembly assessment, fire protection drawing maintenance, fire extinguisher inspection and fire safety walkthroughs.

"According to the National Fire Protection Association, cooking is the most common cause of fires in U.S. health care facilities [approximately 65 percent]. Prevention of these fires is similar to what you should practice at home: don't leave cooking items unattended; keep cooking surfaces and equipment clean; keep flammable or combustible materials away from heat sources; and remove any unnecessary items from the vicinity of cooking equipment. Our Nutrition Services Department does an excellent job of

"According to the National Fire Protection Association, cooking is the most common cause of fires in U.S. health care facilities [approximately 65 percent]. Prevention of these fires is similar to what you should practice at home: don't leave cooking items unattended; keep cooking surfaces and equipment clean; keep flammable or combustible materials away from heat sources; and remove any unnecessary items from the vicinity of cooking equipment. Our Nutrition Services Department does an excellent job of following these standards," Wadsworth stated.

following these standards," Wadsworth stated.

Intact barriers are essential to WRNMMC's fire safety efforts, Wadsworth added. "Fire and smoke barriers are assemblies specially designed to resist the movement of fire and smoke. They include walls, floors, ceilings and any openings in them such as doors, pipe or conduit penetrations, ductwork and access panels. Intact barriers resist the spread of fire, smoke, and toxic gases, helping to contain damage and protect occupants while allowing safe egress."

Wadsworth explained that fire and smoke barriers are an important part of the layered defense methodology used in the WRNMMC Fire Protection Program. "While repairing and maintaining the barriers is a significant concern, the hospital is protected by other physical layers such as a fully supervised detection and alarm system, manual pull stations, wet and dry pipe sprinkler systems with redundant fire pumps, a mass notification system

and a fire department that routinely responds in two minutes or less."

Wadsworth encouraged all members of the Walter Reed Bethesda community to support its Fire Protection Program, stating, "As an organization, WRNMMC can continue to support the [program] with its many regularly scheduled tests, drills and inspections and act on the results." He added WRNMMC has also undertaken a door repair and replacement effort to enhance its fire safety posture.

Staff members should also participate fully in fire drills, said the FMD chief. He furthered that staff should note any changes to their emergency exits due to construction or other situations.

"Help new staff members get oriented to their workspace and become familiar with their role in a fire drill," Wadsworth stated. "Be aware of your surroundings and stay vigilant for fire safety hazards, such as items stored in egress corridors, fire doors propped open [and other dangers]. If something looks out of place, ask," he said.

Wadsworth also urged staff at Walter Reed Bethesda to:

- Not tie open fire doors
- Not prop doors open by jamming something in the hinges
- Not hit doors with battering rams
- Not tape strike plates
- Not cover doors with signs
- Call 301-295-1070 to report problems with fire doors.

The NFPA has established this year's theme for Fire Prevention Week as "Every Second Counts, Plan 2 Ways Out!" NFPA officials explain this theme highlights that in a fire, seconds count. "It reinforces why everyone needs to have an escape plan." The NFPA recommends the following:

- Draw a map of your home with all members of your household, marking two exits from each room and a path to the outside from each exit.
- Practice your home fire drill twice a year. Conduct one at night and one during the day with everyone in your home, and practice using different ways out.
- Teach children how to escape on their own in case you can't help them.
- Make sure the number of your home is clearly marked and easy for the fire department to find.
- Close doors behind you as you leave because this may slow the spread of smoke, heat and fire.
- Once you get outside, stay outside. Never go back inside a burning building

BAINBRIDGE
SHADY GROVE METRO

Enjoy 2 months of FREE rent!
Call for details.

- New Award winning community
- Whirlpool stainless steel appliances
- Full-size washer and dryer
- Walk-in closets*
- One-, two- and three- bedrooms
- Hardwood-style floors throughout
- Modern kitchens with islands*
- Granite countertops
- Interactive Cyber Cafe
- Green roof and smoke-free building
- Four-minute walk to Metro
- Fitness center
- South Beach-style swimming pool
- In-building garage parking
- Bike storage

*Select Apartments

15955 N Frederick Rd • Rockville, MD 20855 • 1-866-426-0027
shadygrovemetro@bainbridgere.com • www.BainbridgeShadyGroveMetro.com

Naval Meteorology and Oceanography Command Collaborates With Carderock for Remote Autonomous Demonstration

By Dustin Q. Diaz
Naval Surface Warfare Center,
Carderock Division
Public Affairs

Engineers at the Naval Oceanographic Office (NAVOCEANO) at John C. Stennis Space Center, Mississippi, remotely collaborated with their counterparts from Naval Surface Warfare Center, Carderock Division on a joint autonomous vehicle demonstration in Brookeville, Maryland, Sept. 25-29.

This integrated unmanned demonstration involved NAVOCEANO's parent command, the Naval Meteorological and Oceanography Command (NMOC), and Carderock collaborating on autonomous bathymetry through missions run by NAVOCEANO from Mississippi and supervised by Carderock's Autonomous Vehicle and Instrumentation Group (Code 8633) on station in the Triadelphia Reservoir near Maryland's Brighton Dam.

According to Jim Rice, Code 8633 group leader, the group teamed with NMOC to develop the capability of communicating with an unmanned underwater vehicle (UUV) during submerged operation from a shore station using an unmanned surface vehicle (USV) as a communications relay. The two parties signed a memorandum of understanding (MOU) in August planning this collaborative autonomous demonstration using a kayak catamaran USV developed by the Autonomous Vehicle and Instrumentation Group and a Remus 100 UUV with side-scan sonar capability provided by NMOC, with the USV and remote shore station in Mississippi linked via satellite connection.

"The purpose of this project is to demonstrate

the capability of getting data status updates and mission re-direct commands between a submerged UUV and a remote shore station using a USV relay," Rice said. "What we are offering them now is a more continuous communication path and ability to control and change the UUV's mission via the USV, or have more constant updates of where the UUV is, what it's doing and what its condition is."

The demonstration was carried out via preprogrammed missions in the reservoir, with the UUV running east to west and back taking oceanographic measurements in the reservoir for about a half hour while being autonomously trailed at a safe distance by the USV. The two vehicles communicated regularly via acoustic modem, with the USV providing

guidance updates to the UUV and relaying UUV sensor data via satellite link to NMOC.

Matt Greytak, a control systems engineer assigned to Carderock's Ship Control Branch (Code 861), developed the USV autonomy algorithm used in the demonstration. After having worked on them for several years, he said these algorithms are advanced enough to support the USV autonomously with little to no human intervention, allowing the parties to achieve one of the MOU's objectives of exploring the capabilities offered by employing a more maneuverable USV as support to the UUV, compared to using a slower USV in the past that couldn't keep up with the UUV.

Group member Ben Gordon said that while Carderock engineers supervised

the demonstration for safety, the success of the demonstration proves this may not be necessary for future tests.

"We're here to coordinate missions and make sure the commands they (NMOC) send to the kayak are getting through, but once both parties have more experience with this system, it will almost be unnecessary for us to be here," said Gordon, an electrical engineer assigned to Code 8633. "As it is, they're starting the kayak, they're sending and receiving data and everything is working the way we were hoping. And they're doing all that from Mississippi."

According to Gordon, Carderock engineers developed the USV for a project for the Office of Naval Research for the purpose of tracking a submersible with a surface vehicle, as it is doing here. This

demonstration added a direct acoustic link between the two vehicles and a satellite connection between the USV and shore station to previous methods, as well as the ability to send simple redirect instructions to the USV during the mission.

Rice added the collaboration demonstrated a relatively mature UUV/USV system that can be fielded without significant additional investment, achieving another goal of the MOU.

"Using the satellite connection, this can be controlled basically anywhere in the world," Rice said. "The mission is not dependent on that connection; this particular UUV will run with a preloaded mission. But the test demonstrates that you can have a UUV doing an oceanographic survey anywhere in the world with someone

controlling it remotely."

Rice said this was Carderock's first collaboration with NMOC. He believes both parties are happy with the results and looks forward to working with them again. Other Carderock engineers participating in the demonstration included Judah Milgram from Carderock's Sea-based Aviation and Aeromechanics Branch (Code 882) and Woody Pfitsch, Alex Punzi and Kyle Corfman from Code 863.

NAVOCEANO is responsible for providing oceanographic products and services to all elements of the Department of Defense and maximizes sea power by applying relevant oceanographic knowledge in support of U.S. National Security. For more information on NAVOCEANO, visit www.usno.navy.mil/NAVO. www.navy.mil/local/navo/.

HANDMADE HEAVEN



250+ AMERICAN ARTISTS LIVE!

SUGARLOAF CRAFTS FESTIVAL
Est. 1975

OCT 20, 21, 22, 2017
Montgomery Co. Fairgrounds
GAITHERSBURG, MD • EXIT 11 OFF I-270

Admission: \$8 online; \$10 at the door
Admission good all 3 days
Children under 12 & parking are FREE
Fri. & Sat. 10-6, Sun. 10-5

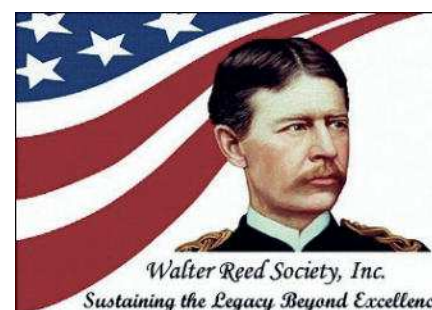
•Exciting Demos
•Tasty Treats
•Shopping Fun
•Kids' Entertainment

DISCOUNT TICKETS,
show info, exhibitor lists,
directions and more at:

SugarloafCrafts.com
SUGARLOAF MOUNTAIN WORKS, INC. • 800-210-9900

Walter Reed Society

Assisting the Wounded, Ill, or Injured Service Members and their Families



The Walter Reed Society is an all-volunteer 501C-3 charitable organization. Its **mission** is to provide financial or direct assistance to service members being treated at Walter Reed National Military Medical Center and their families in response to their unmet needs during their care at Walter Reed.

In cooperation with the Medical Center, the Society also provides assistance with treatment, education, research activities, travel and lodging, and hospital staff support. Since the Walter Reed Society's inception in 1996, the Medical Center and hundreds of service members and their families have received over \$2.2 million in assistance.

Membership in the Society is open to all - officers, enlisted, active duty, retired, Reserve, National Guard, civilians, patients, family members, volunteers, and friends of Walter Reed.

Join Us in Helping Others

For membership application or donation information, please contact Debra Washington at walterreedsociety@verizon.net or call (301) 571-1580.

Visit our web site: www.walterreedsociety.org

Combined Federal Campaign (CFC) number 38118

Army Women's Foundation: Female Soldiers breaking ground, but more needed

By Joe Lacdan
Army News Service

Staff Sgt. Elizabeth Marks' eyes welled up as she talked about the role joining the Army has played in her life during an Army Women's Foundation Panel.

"I was raised by the Army," said Marks, a Paralympic swimmer who won an individual gold and relay bronze medal at the 2016 Paralympic games and four golds at the 2016 Invictus games. "I came from an abusive home. I didn't have a foundation. I didn't know who I was or what I wanted to be."

As a teenager growing up in Prescott Valley, Arizona, Marks was labeled an at-risk youth. She joined an educational program sponsored by the Army called the Arizona Project Challenge, a military-based program that helped mentor at-risk youth and provide structure in their lives. The staff sergeant from Fort Carson spoke at the U.S. Army Annual Meeting and Exposition Oct. 9.

The Army has afforded women like Marks opportunities that span a wide variety of career fields, but more women could be taking advantage of the opportunities, said keynote speaker retired Maj. Gen. Mari K. Eder. Women account for just 15 percent of enlisted Soldiers and 17 percent of the Army's officers.

Female Soldiers, however, continue to break new ground. Lt. Gen. Thomas Seamands, the Army's Chief of Personnel, said Oct. 11 that more women will be assigned to more posts in the armor and combat career fields. Currently, about 550 female Soldiers who have completed training await assignments. The announcement follows previous milestones, including the first female Soldiers



U.S. ARMY PHOTO BY JOE LACDAN

Brig. Gen. Cindy Jebb, dean of the academic board at the U.S. Military Academy, speaks at a professional development panel for the Army Women's Foundation during the Association of the U.S. Army Annual Meeting and Exhibition in Washington, D.C., Oct. 9, 2017.

graduated from Ranger School in 2016. The first three female graduates finished combat engineer training at Fort Leonard Wood. In May, 18 women graduated from infantry school at Fort Benning. This past summer, the Army also graduated its first female cavalry scouts.

"You have people who are firsts, not because they intend to be a leader or they intend to set an example, but because they are pioneers," Eder said. "They are doing this because they want to. I am not sure that there were legions of people trying to follow Diane

Nyad (long-distance swimmer who swam from Cuba to Florida) across the ocean. Or ... even some of the women who fought in the Revolutionary War or the Civil War. There are those who are first because they are independent thinkers."

When asked what could be done to increase numbers of female Soldiers, Eder said that recruiting ads are a major factor in shaping perceptions of the Army. Eder served as the Army's deputy chief of Public Affairs. Earlier in her career, she served as public affairs officer for the George C. Marshall European Center for Academic Studies in Germany.

"There is something for everybody," Eder said. "And I think we need to focus more on that in how we recruit, and how we're portrayed in Hollywood or in other movies."

Eder also discussed the importance of mentors, and how they shaped the lives of pioneering women.

PROJECT CHALLENGE TO CHAMP

Marks said she had her first mentors while in the Project Challenge program in Arizona: Guard and Reserve members. The program provided a rigid structure for Marks and the other teens as well as a support system she said that she didn't have at home. It inspired her to join the Army as a combat medic at age 17.

"The logical next was to join the military," Marks said, "because I loved these people. I all of a sudden had a family of people who cared about me for no reason."

Marks went on to deploy to Iraq, where her left leg and both hips were severely injured. She eventually became a swimmer and competed in the Army's World Class Athlete Program at Fort Carson. Marks set a world record at the Paralympic Games in Rio de Janeiro. She now mentors other at-risk youth in Colorado.

"I got to be part of a family," Marks said. "So the Army has afforded me the ability to have a family and a network of people that trust. But that's why I stayed. That's why I'm so passionate about being in the military ... I think that there are a lot of kids that deserve those chances. We aren't what we're born into. The Army affords that next step for everyone .. So it has given me tools that I might have never had the opportunity to have."


CSM GUERRA

Also on the panel, Command Sgt. Maj. Julie Guerra grew up in a two-bedroom house with six siblings. Her father, a pastor and plumber, struggled to make enough income to support her family. Guerra said the Army not only gave her career opportunities but provided much-needed stability in her life.

Guerra said her family didn't always have enough to eat. At one point she was homeless.

"It didn't matter where I came from and that I was poor and that I was Hispanic and that I was from the wrong side of town and that my brother was a gang member," Guerra said. "There's not very many opportunities outside what we get to do every single day as Soldiers. How it's equipped me is to prepare for the unexpected. As a leader, as a mother, whether in combat or in garrison, all of my training and opportunities and positions at this point have prepared me not to expect anything."

Guerra went on to become a counter-intelligence analyst and a drill sergeant.




DARCARS VOLVO CARS

MILITARY BONUS*

Additional **\$500** off new in-stock Volvos

U.S. Armed Forces, DoD civilian employees, and civilians contracted to the U.S. Armed Forces.
Service members recently posted overseas qualify for additional military program benefits.



Fred Fischer
Director, International Sales
301.309.3900 phone
ffischer@darcars.com

DARCARS Volvo Cars
www.darcarsvolvocars.com
15401 Frederick Road
Rockville, MD 20855

* Contact us for terms, conditions, and eligibility.

MILITARY RETIREES* & ACTIVE-DUTY FAMILIES



Get TRICARE Prime® with one of the most trusted names in medicine.



JOHNS HOPKINS
MEDICINE

US FAMILY HEALTH PLAN

Get 100% of your TRICARE Prime benefits and more with the Johns Hopkins US Family Health Plan.

Enjoy outstanding care and convenience with your choice of more than 16,500 primary care doctors and specialists all credentialed by Johns Hopkins.

Request an information packet or reserve a seat at an information briefing in your area:

1-888-705-0755

JohnsHopkinsMilitary.org



*Military retirees under age 65 with TRICARE eligibility can enroll in the Plan.

TRICARE is a registered trademark of the Department of Defense, Defense Health Agency. All rights reserved.

Notice of Nondiscrimination: Johns Hopkins US Family Health Plan (USFHP) complies with applicable Federal civil rights laws and does not discriminate on the basis of race, color, national origin, age, disability, or sex. **Foreign Language Assistance.** Spanish: ATENCIÓN: si habla español, tiene a su disposición servicios gratuitos de asistencia lingüística. Llame al 1-800-808-7347 (TTY: 1-800-201-7165). **Chinese:** 注意: 如果您使用繁體中文, 您可以免費獲得語言援助服務。請致電1-800-808-7347 (TTY: 1-800-201-7165).

DEGREE

From
Page 3

residency requires 25 percent of the total credit hours for any degree to be completed at one institution.

After hearing a presentation at METC from the CAHS registrar on the opportunities available, Eccles was first to submit his portfolio for consideration.

Congress granted approval in the 2017 National Defense Authorization Act for USU to grant undergraduate degrees. As a result, the CAHS was established to meet the needs of military students and the Services by awarding transferable college credits that can lead to undergraduate degrees for corpsmen, medics and technicians completing military medical training programs at METC. The degree program not only makes students more marketable and competitive for promotion, it offers significant cost savings to the Department of Defense.

Currently, USU faculty assess academic portfolios for students in five METC programs — surgical technologist, medical laboratory technologist, nuclear medicine technician, physical therapy technician, and neuro-diagnostic technician, and for instructors in 49 METC programs. However, other military organizations have also expressed interest in working with the CAHS.

Students' qualifications, other college credits, as well as the training received at METC, is documented and transferred to recognized, transcribed college credits with the



PHOTO BY SHARON HOLLAND

Army Staff Sgt. Robert Eccles and family beam with pride after he was awarded the first undergraduate degree from the Uniformed Services University of the Health Sciences College of Allied Health Sciences, Oct. 11, 2017.

opportunity to complete a degree awarded from USU.

For Eccles, earning the USU degree was a dream come true.

“Knowing just how prestigious a university USU is — and the fact that I wanted to attend USU years ago — I am honored to be able to earn my first, but not last, degree from USU. I am even more excited for all the service members who will be following me in this program to be able to earn their degrees from USU,” he said.

Eccles plans to continue his education, focusing on earning his bachelor's degree in Health Sciences and then working towards his Master's degree in Health Sciences Education. His eventual goal after he retires from the Army in a few years is to teach Medical Laboratory Sciences at a university.

“You are a symbol,” USU President Dr.

Richard W. Thomas said to Eccles. “You symbolize a new standard of excellence in enlisted medical education and training, and you are a symbol for those yet to come.”

“To be the first CAHS graduate still feels a bit surreal,” Eccles continued. “I look at this program and what it will offer to all the service members coming through the Medical Laboratory Program and other programs, and it fills me with happiness to know that these Soldiers, Sailors, and Airmen won't have to struggle as much as I did to earn their degrees. I already have been telling my peers and students, this is the best opportunity available to service members, and the most painless way to earn our degrees.”

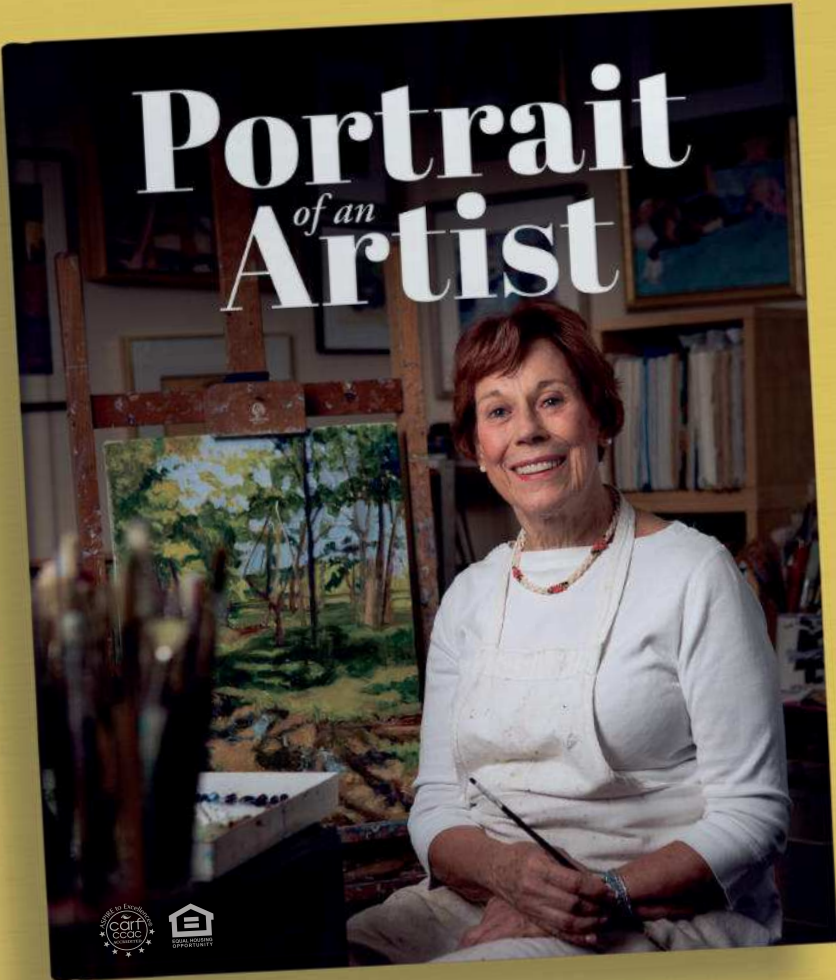
For more information on the USU College of Allied Health Sciences, visit www.usuhs.edu/cahs.



PHOTOS COURTESY AMANDA KOZAY

Dive-In Movie

Morale, Welfare and Recreation hosted a Dive-In Movie at the Naval Support Activity Bethesda swimming pool Oct. 13.



EXTRAORDINARY STORIES BEYOND THE FRONT LINE

Norma Lasher found her love for art overseas during one of her more than 35 family moves while her husband, Wendall Lasher was serving in the United States Air Force. Those journeys inspire much of the beautiful artwork that fills her apartment and now graces our halls. Hers is but one chapter in our amazing collection of patriots and heroes.

We invite you to experience a connection that can only be found through the common bond of service to country. To learn more about the extraordinary residents and lifestyle at Falcons Landing visit our website, www.falconslanding.org.



SOCIAL MEDIA

NSA BETHESDA

/mwrbethesda

@navymwrbethesda

@mwrbethesda

www.navymwrbethesda.com

DOWNLOAD OUR MOBILE APPS

Navy Life
NavyMWR NDW
NFAAS
Navy Fitness

Morale Welfare & Recreation (MWR)

10/20	11 am-2 pm	Portuguese Luncheon: Warrior Café Pumpkin soup, Salted Cod and Fried Potatoes, Pork and Bean Stew and more.
10/21	9:30 am -11 am	Great Pumpkin Race Family fun run/walk \$5-includes race bib, scarf Register online.
	11 am-1 pm	Fall Fest Spooktacular-FREE event! Costumes encouraged! Petting Zoo, Bounce House, Pumpkin Painting, Games, Face Painting, Hay stack Candy Hunt, Costume contest. Beer, Bratwurst and other concessions available for purchase.
10/24	11:30am-12:30 pm	Cell Phone Photo Class USO Room C, Free, open to all, register online.
10/25	5-7 pm	Felt Flower DIY Wreath Class-\$15 Below Deck Pub, NGIS bldg.64, Open to all- register online. Perfect for fall decorating!
11/7	11 am-12:30 pm	Navy Online Library Info Session FREE POC: Community Rec PH 301-319-7801.
11/8	4-6 pm	Brad Doggett-Live music and social! Free entertainment. Drinks available for purchase. You must be 21, please drink responsibly. Below Deck Pub, Bldg. 64
11/12	8 am-3 pm	Day Hike and Brewery Tour-\$10 Open to all with base access. Register online.
11/15	5-8 pm	Wine and Weave -Pie Basket- \$27 Register with a friend to save \$2 per basket! Perfect for serving your favorite pie! All levels welcome and all supplies are provided. Register online early, limited spaces.

Registration for these events is available online at www.navymwrbethesda.eventbrite.com.

Liberty Center Bldg.11

PH 301-319-8431
Virtual Gaming, Snacks, Movies, Computers, Pool Table

*Liberty patrons include
Single Service members E1-E6, WII, NMA & Geo-Bachelors E1-E9

10/19 6 pm
Co-op Board Game Night

10/21 4-9 pm
Medieval Times Trip \$15*

10/22 12 pm-3 pm
Intro to Horseback Riding \$10*

11/5 10 am- 4 pm
Newseum Trip \$13*

11/7 6 pm
Intro to Bowling \$10*

11/11 10 am-4 pm
Veterans Day at Vietnam Memorial \$10*

REGISTER:
Navymwrbethesda.eventbrite.com
(*Liberty Only)

Classifieds

Call 301-645-0900

Apartment Unfurnished

Notices

Adoptions

Equal Housing

All Real Estate advertised here-in is subject to the Federal Fair Housing Act which makes it illegal to indicate any preference, limitation, or discrimination based on sex, handicap, familial status, or national origin or an intention to make any such preference, limitation, or discrimination. We will not knowingly accept any advertising for Real Estate which is in violation of the law. All persons, are hereby informed that all dwellings advertised are available on an equal opportunity basis. If you believe you have been discriminated against in connection with the sale, rental, or financing of housing, call the United States Department of Housing and Urban Development at 1-800-669-9777.

Upper Marlboro Young Marines Open House Thursday, October 26, 2017, 7:30pm
 at American Legion, 9201 Surratts Rd, Cheltenham, MD 20623. Young Marines is a non-profit 501(3)C youth organization for boys and girls ages 8 to 18.

Adult Volunteers Needed. No military experience required. For more information visit www.youngmarines.com or send an email to uppermarlboroyoungmarines@gmail.com or call 301-455-9836

BUY SELL RENT HIRE

TRADE SHOP SWAP FIND

TO PLACE YOUR AD CALL

1-301-645-0900

NOW LIVE!

The **SoMdNews App** brings you the latest local, sports and community news and information from the Southern MD Newspapers, 24/7.



The free app is updated from our full website, **somdnews.com**, in real time, delivering you the latest headlines. Download the app at **somdnews.com/newsapp** or Scan the QRC code.



NSA Bethesda NavyLodge®

Perfect for Families on PCS Orders



“Navy Lodges are the official government lodging for PCS moves,” said Ana Herrera-Ruiz, General Manager, Naval Lodge NSA Bethesda.



- Navy Lodges offers a safe environment for families to stay whether it's for a few days or a few weeks.
- We offer a variety of spacious rooms including: Family suites with oversized rooms, living and dining areas, fully equipped kitchens, flat screen televisions with cable and DVD player and soft and firm pillow options.
- Handicap accessibility.
- Free Wi-Fi • On site guest laundry facilities, minimart and workout room.
- Free breakfast • Weekly manager's reception to get tips and information on the area and base.
- Dogs and cats up to 50 pounds allowed, contact for more pet policies.

**Pick up a Navy Lodge scratch-off card today and
You could earn a 10%, 15% or 25% discount or a free stay up to 20 nights.**

*The discount is valid at all Navy Lodges in the continental United States until February 28, 2018. Guests may use only one discount per stay. Guests can pick up their scratch-off card on base at PSD, the housing office, household goods, the personal property office or NEX Customer Service desk. Scratch-off cards can also be sent to a guest by calling the Navy Lodge Reservation Center at (800) 628-9466.

Room rates at an average of 45 percent below comparable civilian hotels.

**For reservations, call (800) 628-9466 or go online at www.navy-lodge.com
8855 Stokes Road, Bldg. 52, Bethesda, MD 20889-5642**

